

ABLE Bodies Participant Homework for Session 7

Flexibility

- Seated Whole-Body Stretch
- Optional standing stretch: Farmer's Stretch

Strength for a Purpose

On 2 days, do each exercise 8 to 12 times, as tolerated.

- Tall Sits
- Teeter-Totter Chair Stands
- Standing Heel Raises
- Side Steps Walking

Balance and Mobility

- It's a Reach: practice reaching for distant objects with good weight redistribution and your Venus de Milo Arms

IT'S A REACH

This method will make you less “*tip-able*” when you reach for something almost out of reach. It works because you change your foot and body position for better balance.

The Start

- Place an object on a table as your goal, and then take one or two steps back from it.
- Stand with your feet offset (one foot forward, one back), and shoulder-width apart.
- Bend your knees and push your hips back.

The Moves

- Reach outwards toward a distant object by extending through your rib cage and shoulders, Venus de Milo style.
- For greater difficulty, try the Hat Trick. Imagine reaching for a hat box stored on a high shelf. Stand with offset feet, lean forward, and reach up with Venus de Milo arms to retrieve the imagined object by bringing it to your chest (not by pulling it backward, over your head).